

STRUCTURE STRATEGIES



ILLUSTRATION BY MAKAYLA POLAK EDITOR-IN-CHIEF

Northwest plans demolitions, renovations to residential halls

SIDNEY LOWRY  
Managing Editor | @sidney\_lowry

With the decline of on-campus enrollment, Northwest has created a plan to right-size housing on campus by demolishing and renovating residential buildings.

The Residential Facility Plan spans over the next seven fiscal years with over \$8.2 million going toward improvements to current buildings and the removal of others. The current plan is to remove Phillips Hall and North Complex and renovate 10 residential halls.

Vice President of Student Affairs Matt Baker and Assistant Vice President of Student Affairs for Residential and Auxiliary Services Rose Viau said this plan isn't completely new, but rather a revamped version of plans that were made over 20 years ago.

"We're really trying to address student space needs, infrastructure needs," Baker said. "And then the other part in this plan is to remove 800, 750 beds."

Northwest currently has the capacity to house 2,873 students, which is around 56% of all undergraduate enrollment. After comparing itself with other schools like Fort Hays State University and Missouri West-

ern State University, who have the capacity to house less than 45% of its students, Northwest decided to reevaluate the number of beds and the residential buildings that are necessary for student housing.

Baker said from 2008-12 there was a massive spike in enrollment which correlated with more need for on-campus housing. At that point, every building was in use because of that increase in enrollment, but the plan was originally to take down other residential buildings after building Hudson-Perrin Halls in 2007.

This fiscal year, which started July 1, lays out plans for the demolition of Phillips Hall. Phillips Hall was last occupied during the fall 2014 semester, and with it being unoccupied for the last eight years, the University believes it's time to come down.

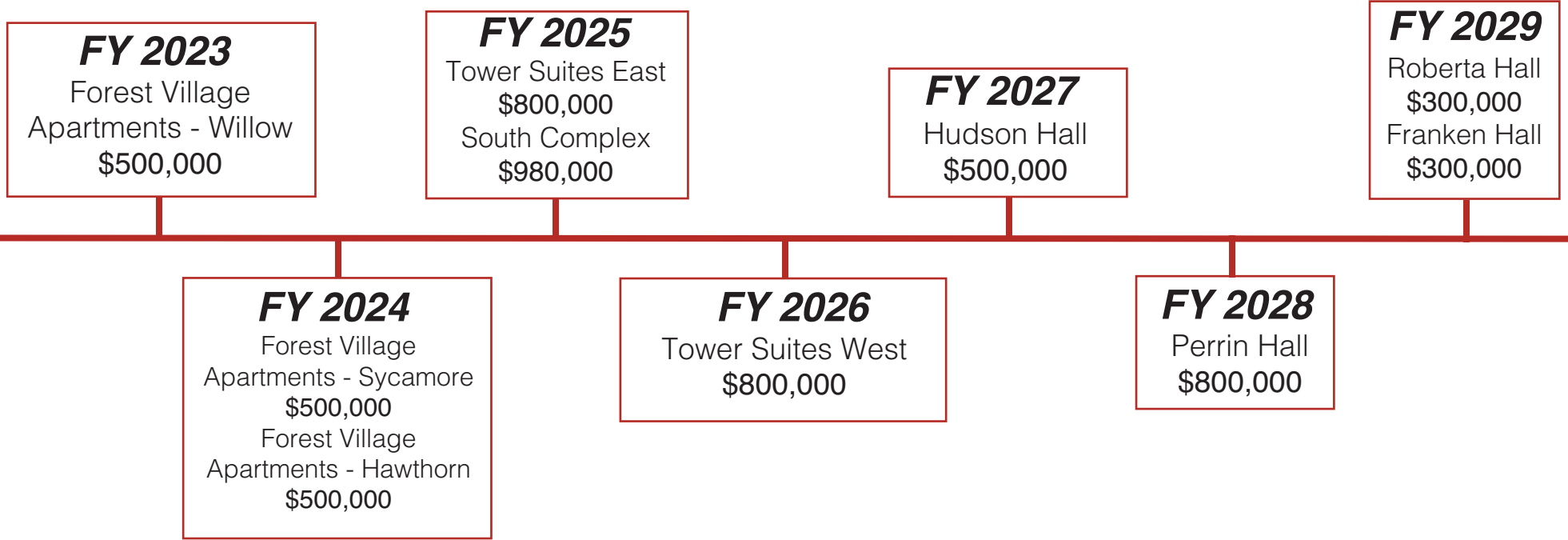
In the presentation given at the work session prior to the Sept. 8 Board of Regents meeting, it outlined that the removal of Phillips alone would cost around \$1.2 million.

The second demolition to begin during this fiscal year is to North Complex. The tentative plan for tearing down the nearly 60-year-old building is to start with \$100,000 and then do the rest of the \$1.1 million in leveling the surface during the 2024 fiscal year.

\$8.2 million

will be spent over seven fiscal years on renovations and demolitions.

SEE RENOVATIONS | A4



GRAPHIC BY SIDNEY LOWRY MANAGING EDITOR

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# Mosaic Medical Center partners with Northwest for Martindale renovations

JAKE PRATER  
News Editor | @JakobLPrater

Representatives from the Mosaic Medical Center - Maryville and Northwest held a press conference at 11 a.m. on Sept. 27. in the circle drive by Martindale Hall to publicly announce Mosaic's \$250,000 pledge to the Northwest Foundation for the ongoing renovations to Martindale Hall. Speakers included Interim President Clarence Green, Director of Corporate Relations Jill Brown, Director of Health Science and Wellness Terry Long and President of Mosaic Medical Center - Maryville Nate Blackford.

Martindale is one of the oldest buildings on campus, constructed in 1926, with the latest renovations in 1973. The total cost of the project has been estimated to be no more than \$1.3 million, with \$300,000 coming from the University's capital budget and \$1 million from private donors.

The press conference began with Brown saying a few words and introducing Green. Green said the Martindale Hall project is the number one project that the University has focused on. Green also said that Governor Mike Parson had asked Northwest for a transformation project.



Interim President Clarence Green gives a speech to University and Mosaic Medical Center - Maryville officials and representatives, praising the Mosaic's partnership and donation with the University.

ect. According to Green, the state has invested \$8.5 million into Martindale Hall, and the University has to match the funds.

"Martindale Hall and the School of Health Science and Wellness is worthy of that investment," Green said. "The School of Health Science produces employees for a job sector that is in very high demand in

the health care fields. Also, this project and this renovation will allow us to really improve our services that we offer and offer those services in a more engaging atmosphere."

Green also said the University will also focus on technology improvements, the experience and professional-based learning for the future of students.

"Mosaic's gift is great for us. It's also going to help us meet our match because we're dealing with an extremely tight timeline of raising our matching funds by December of 2024," Green said.

Long spoke next, saying that Mosaic's donation to the project is a big help for the renovations overall, and the project so far has been going great.

"Pretty much every student on campus at some point in time is taking a class or using a facility in Martindale Hall," Long said. "So it really is a truly impactful project, you'd be hard pressed to find more bang for your buck with any improvement project on campus."

Blackford spoke next, saying how proud Mosaic is to be assisting the University with such an expensive project.

"Mosaic is incredibly proud of our partnerships with Northwest Missouri State, from our partnership in sports medicine, to the Wellness Center, to internships and other academic endeavors," Blackford said. "Partnerships are critical to both our organization's success and are mutually beneficial."

Blackford said both Northwest and Mosaic have a winning culture, and his donation is a huge step forward in growing the collective workforces of both organizations closer together.

"I think we've got a great partnership with Mosaic Life Care, and I think we have hope for the future to build upon what we have. I think this \$250,000 gift towards this project is going to be monumental," Green said. "December 2024 is when we have to have the matching funds in place, and we're gonna

## City Council approves 2023 fiscal year budget, increase in water rates

KIERSTEN HELM  
Missourian Reporter | @TheMissourian

Maryville City Council approved the budget for the 2023 fiscal year of over \$45 million.

New software has been incorporated into the budget to be used for public works, cemeteries and the municipal human resource department. NEOGOV will specialize in guiding the process of hiring and onboarding employees.

NEOGOV will cost \$11,700 for a year's subscription. The Public Works Department is also investing in a geographic information system software called Civil 3D, which is a high-power computer that will create 3D models of the city using data sets. This program will have \$13,000 allotted in the budget.

CampSite software will allow people to have easier access to

finding loved ones in cemeteries.

"We accomplished a lot tonight in 45 minutes, which is just as long as some of my staff waited for today, I just want to take this time to thank the staff for all the work you did, it is an interesting process every year." City Manager Greg McDanel

The community hangar will receive \$100,000 towards studies that will research the possibility of space to allow community members to store their planes for an extended period of time. It will also provide a space for helicopters and jets, which is not currently available in Maryville.

The city was allotted over \$2.3 million in American Rescue Plan Act funds, and this year's budget outlines \$267,156 rolling over for the next fiscal year.

The first responders in Maryville have a growing need

for new protection equipment and uniforms that is being budgeted into the city's plan. Maryville Police Department will have a budget of \$25,000 to receive new external carrier uniforms. Maryville Fire Department will also receive \$64,000 to invest in service equipment and protective gear replacements.

The Mazingo Advisory Board recommended the approval to allow the budget to include \$15,000 for a range golf ball dispensers and \$25,000 for a kayak vending machine — both of which were approved.

Maryville will continue to grow its partnership with New Nodaway Humane Society and offering animal control services. The contract that originated last year will expire Sept. 30 with a fee of \$61,200.

The new, approved contract will allot \$73,260 for expenses

and a buffer of \$10,000 for in-kind services such as vehicle maintenance. Council members have worked with the Humane Society to provide a trend of cost analysis for consideration with this new increase in its budget.

The budget has been deliberated after many weeks in specific budget workshops.

"This is the most important job that we do, affecting using taxpayer dollars to make our city grow," Mayor Tye Parsons said.

### Water and sewer rate increase

Water and sewer rates will increase Jan. 1. This new change will be billed out in February. This two-year phase-in will allow the city to keep up with water/sewer expenses. City projections say the average Maryville citizen who lives in town will have a bill of around \$67.

The Pilot Water Treatment

Plant has been allocated \$863,036, which has been up and running for a few weeks now collecting data for a replacement water plant in the future. This new treatment facility is required by Missouri Department of Natural Resources. The increase in water and sewer payments will be directed toward this program.

Repairs and replacements for the water treatment plant have an approved budget of \$80,800. The Wastewater Treatment Plant has \$30,500 for the upkeep and maintenance needed.

"Any water and sewer increase is difficult for citizens of the community," McDanel said. "However, the health of the system is critical as the city prepares to put the fund in better shape for the potential water treatment plant project that's going to be moving over us over the next few years."

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# NW alumna, Historical Society hosts Black history event, month-long exhibit

KENNEDY KALVODA  
News Reporter | @Kkalvoda1

Northwest alumna Abigail Cottingham returned to Maryville to give a presentation on Black history in Nodaway County at the Nodaway County Historical Society Museum Sept. 24.

Cottingham graduated as an undergraduate from Northwest in May 2021 and is currently in her second year of an online master's program from University of Nebraska-Kearney, where she is specializing in public history. She was invited to give her presentation by Elyssa Ford who is the president of the Nodaway County Historical Society and an associate professor of history at Northwest.

Cottingham discussed a variety of topics during her program, such as slavery in Nodaway County, comparing slavery in Missouri to slavery in the Deep South, prominent Black people in Nodaway County throughout its history and others.

"It's something that needs to be talked about," Cottingham said. "It's important to talk about so that history isn't lost. We have those important conversations about diversity and putting diversity back into our museums and just starting conversations so that other people can start their own conversations about diversity."

This program was a project that Cottingham started during her undergraduate schooling, and Ford, a former professor of Cottingham's, asked her to present it due to it corresponding with the museum's traveling exhibit, which was loaned to the museum by the Missouri State Museum in Jefferson City.

This traveling exhibit discussing Black history in Missouri is titled "Boom: The Rise and Fall of Missouri's Black Business Districts." This exhibit discusses the history of prominent Black business districts in Kansas City, Jefferson City, Columbia, Hannibal and St. Louis.

This exhibit will be at the museum from Sept. 24 until Oct. 24. After this, it will be on the Northwest campus during the first week of November. This gives an opportunity for hands-on experience to Northwest public history and museums studies students, as they will be the ones to tear down the exhibit at the museum and set it up on the first floor of the campus Administration Building.



RENEE HASKELL PHOTOGRAPHER

Northwest alumna Abigail Cottingham gives a presentation on Black history in Nodaway County at the Nodaway County Historical Society Museum Sept. 24. Alongside Cottingham's presentation, the museum featured the traveling exhibit "Boom: The Rise and Fall of Missouri's Black Business Districts."

"I think it could be interesting for a lot of Northwest students," Ford said. "Because we have a lot of students who are from those different areas but maybe don't know the history of that. This could be a really interesting way to learn about those spaces."

Ford said she hopes this exhibit will open the eyes of people in the Maryville community to the unpleasant parts of Black history in Missouri, such as the segregation that people of color faced in the state. She also hopes people will learn more about the successes of the Black communities and communities of people of color in Missouri.

"You had people that despite segregation, despite discrimination, they were able to thrive and create these middle-class communities and self-sufficient business districts that were really incredible," Ford said. "A lot of that we don't know that much about anymore. When they're not as present before us,

it's really easy to forget about them ever existing in the first place."

Maryville does not have a pleasant history for Black people. A prime example of this was on Jan. 12, 1931, when a young Black man named Raymond Gunn was seized by a mob of 2,000 men, women and children and was eventually burned alive after being accused of murdering a white school teacher. This was an impetus for much of the Black community of Maryville fleeing the city.

Cottingham said she hopes this program will encourage the people who attended to start doing their own research about history, whether family history or more broad areas of history, and use resources such as public records and other free resources that are available to them to do so.

"You don't have to be a historian to do this," Cottingham said. "You can just be somebody who's passionate."

# Northeast Nodaway walks for suicide prevention

JAKE PRATER  
News Editor | @JakobLPrater

The Northeast Nodaway school district held a special suicide prevention walk after its JV softball game against Jefferson C-123 Sept. 22. The school district partnered with the Mosaic Medical Center - Maryville to host the walk since September is Suicide Prevention Month. The theme of the walk was Be the Light, as small flashlights were handed out to the participants who walked a lap around the ball field as inspirational music played.

Once the softball game ended shortly after 8 p.m., Northeast Nodaway school counselor Abbie Groomer said a few words as the walk began.

"In 2020, there was an estimated 1.2 million suicide attempts. It's important to know that suicide is preventable," Groomer said. "Regardless of socioeconomic background or upbringing, our teens and young adults can be impacted by this."

Groomer continued the speech, saying that in the past year, there were over 70 teenagers and young adults that went into Mosaic's emergency department for their mental health crises. Groomer also said that suicide prevention is especially important in rural communities, which are more vulnerable to suicides, due to more access to firearms, more drug and alcohol abuse and fewer health care providers and emergency medical facilities.

Mosaic reached out to Northeast Nodaway to host the walk and take part in the Be The Light Campaign, a nonprofit organization focused on mental health.

"Nearly 20% of high school students report seri-

ous thoughts of suicide, while nine (percent) have attempted to take their life," Groomer said. "Suicide is the second leading cause of death among people ages 15 to 24."

The speech included ways to identify if someone you know is contemplating suicide, such as isolation, anxiety, substance abuse, rage and expressing hopelessness.

"The good news is there's always someone there to talk to. With the new National Suicide Prevention number 988, it is easier than ever to reach someone when you are in need," Groomer said. "Let's be a light for those who are feeling the darkness and remember that we can truly create hope through action."

Groomer also talked about how to improve one's mental health, such as limiting time on social media and to remember your reasons for living, mainly family and friends. Students, parents and other softball attendees walked around the field with their own flashlights and with the field lights on. One of the students attending was senior Lauren McIntyre.

"It's really important to raise awareness because I think it's something that people don't talk about as much as they should. It's good to bring it into small communities," McIntyre said. "As a young person, I think the fact that young people were here and brought together is definitely good because it probably hits us the hardest, but we don't talk about it."

After the participants finished their walk around the field, the music concluded and the ball field was emptied following the game and the walk.



JAKE PRATER NEWS EDITOR

Northeast Nodaway students, parents and faculty walk around the ball field with flashlights for the Be The Light mental health non-profit organization.

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# Fall Fest returns for a second year

ALYNA THIBAUT  
Missourian Reporter | @TheMissourian

People walking around dressed in their warm-toned flannels, kids laughing and running around, breathing in the brisk air and a variety of pumpkins surround the farm building, greeting everyone to the exciting season ahead.

With over a dozen vendors to shop for fall essentials, the second annual Fall Fest brought families and friends together to enjoy the nice weather and some goodies to leave with.

DOT Family Farms partnered with Maryville Parks and Recreation to bring the community Fall Fest Sept. 24.

Travis Dinsdale owns DOT Family Farms and said this event was much bigger than the last. The farm was named after his grandmother, Dorothy (Dot) Willhoyte, he has owned the farm since 2010. That same year, he decided he wanted to bring a pumpkin patch to the community. Before him, his grandparents owned the farm, and he took over when they passed.

“I thought it would be good for folks close to town to come out and just have a place to come and get outside,” Dinsdale said.

Fall Fest was a day-long event with vendors there from 9 a.m. to 2 p.m. and then at 5 p.m. the band Love Notes played.

The farm’s pumpkin patch is open every Saturday and Sunday from 12-5 p.m. with no entry fee. It offers a hay barrel maze for the kids, U-pick pumpkins, gourds and hay barrels. It also offers a variety of event spaces to rent out.

Bailey Ferguson is a special events and marketing supervisor for Maryville Parks and Recreation. She talked Dinsdale into doing Fall Fest last year to bring small businesses and the com-

munity together. Compared to last year, she said there were a lot more vendors, and there was even a petting zoo that the kids loved.

“Community for me is huge. That’s one of the reasons why I wanted the position, was just to provide to different opportunities to the community to get together and do different things like this,” Ferguson said.

When walking up to the farm, there was a small camper named Tru Bru right next to the main building that fills the air with a variety of fall spices. Tru Bru is a small coffee business owned by Kristen Hayes who is from Clarinda, Iowa.

Hayes took inspiration from Instagram after viewing coffee campers and from her friend from Colorado who owns a small coffee business. Tru Bru was created a year ago, and she says it’s a fun side gig for her and her husband, Patrick Hayes.

They tow around their camper and travel to different events for the weekend. She mentioned this is a great time to spend time with her husband and sister, as well as have time away from the kids. She also said this was their first time working at a pumpkin patch.

“People may have a coffee in their hand from somewhere else, but I was like I would stop here at this camper just because of the way it looks, you’re gonna go for your second cup after seeing the camper,” Hayes said.

Vendors filled the area and buildings, families could look at and get their fall essentials or even sweet treats. Thick Stitches is a business based in Leavenworth, Kansas, owned by Kayla Lansing. Lansing creates chunky knit blankets and just started her business in February.

She took a class in November



RENEE HASKELL PHOTOGRAPHER

DOT Family Farms owner Travis Dinsdale sells pumpkins during the second annual Fall Fest Sept. 24. The farm’s pumpkin patch is open every Saturday and Sunday from 12-5 p.m.

2021 and fell in love with it. People started asking her for blankets, so the idea of a business just started coming into place. She mostly does events and is hoping to start doing classes in Maryville and Leavenworth.

“I’m ready for the fairs. You get to be social and get to explore and see tons of crafts and

tons of creativity and still enjoy the weather,” Lansing said.

Fall Fest opened up the doors to fall, but DOT Family Farms will still be open till the end of October. Ferguson said that many tell her that they never knew this place existed and are amazed when they arrive for the first time.

## CRIME LOG

for the week of Sept. 29

### Northwest Missouri State University Police Department

**Sept. 25**

There is a closed investigation for a fire alarm in Perrin Hall.

There is a closed investigation for a fire alarm in Tower Suites West.

**Sept. 24**

There is a closed investigation for a fire alarm in South Complex.

There is a closed investigation for a fire alarm in Dieterich Hall.

There is a closed investigation for a fire alarm in South Complex.

**Sept. 23**

There is a closed investigation for a fire alarm in Franken Hall.

There is a closed investigation for an alcohol violation in Hudson Hall.

There is a closed investigation for harassment in Franken Hall.

There is a closed investigation for a fire alarm in South Complex.

**Sept. 20**

There is a closed investigation for a fire alarm in South Complex.

### Maryville Department of Public Safety

**Sept. 26**

A wallet was recovered on the 200 block of West Third Street.

**Sept. 25**

A summons was issued to **Karlie P. Dunlap**, 20, for disorderly conduct on the 400 block of North Main Street.

A summons was issued to **Ryan W. Castillo**, 42, for driving while intoxicated and equipment violation on the 1600 block of South Main Street.

**Sept. 24**

A summons was issued to Woodbendy Guerrier, 24, for not having a valid driver’s license and making an illegal U-turn on the 400 block of North Main Street

**Sept. 22**

There was an accident between Edward W. Baker, 46, and Bobby S. Huber, 35, on the 600 block of South Main Street.

## RENOVATIONS

CONTINUED FROM A1

Viau said within this year there will be studies done to the building to find things like hazardous waste material and figure out a way to safely bring down North Complex without impacting the rest of Northwest since the building sits on top of tunnels that run throughout campus.

The tentative plans could include North Complex coming down as early as summer 2023 or the following summer.

North Complex is currently home to the Title IX and Equity Office, the Regional Professional Development Council and the Career Closet. Baker said those offices have been talking about plans on where they will be relocating when North Complex is removed.

As of now, there are no official plans, but possibilities of some of the offices moving to Martindale Hall after it is renovated. Baker said a space planning committee on campus helps with the plan, and it is like playing a game of Jenga.

“It’s about long-term planning, and it’s about trying to find the best space and the most efficient use of space,” Baker said.

As for the demolition of the building, Baker and Viau said there are still costs associated with having a building on campus, whether or not it is in use. Property insurance along with other utilities still are costly items for unused buildings.

“We usually still run the heat and the AC and the water and electricity,” Baker said. “So there is cost and empty buildings. So if we get to the point where we aren’t using another high rise, and we don’t foresee using another high rise, I would imagine we could consider taking it down.”

When it comes to North Complex and Phillips Hall, there was talk on whether renovation and repurposing of those spaces would be a better option than erasure of the structures.

“In the case of North and Phillips, they’re beyond their useful life,” Baker said. “And so making them in the makerspace is not practical.”

The cost of renovating and repurposing the space is less than the cost of completely tearing down the building, so Baker and Viau decided the best option would be to remove the buildings completely. With the removal of these buildings, Baker said the construction will mainly happen throughout the summer, and there isn’t a plan to shut down any roads or other buildings because of this.

Baker also said no one will be losing their job as a result of these buildings being closed. Custodians and other people who work within the facilities will simply be relocated throughout campus.

After the removal of the buildings, as of now, there are no plans in the books to build anything new. Baker said the main goal is to renovate the current facilities to try and attract new students to campus.

Currently, Northwest pays around \$5.3 million a year in debt for residential and auxiliary buildings, but the debt is to be completely paid off by 2029.

“We have \$5.3 million dollars a year in debt, and so we need to pay that off,” Baker said. “We are, we’re doing fine, but we don’t have great revenue to build new or think about the future. And so until we get to 2029, our goal is to make the best spaces we can to recruit students to Northwest and then see where we’re at.”

After that debt is paid off, Viau said there is a possibility of using that money toward new buildings, renovations or even the lowering of housing prices. For now, the plan outlines the renovation of the current spaces on campus.

The buildings on campus are ranked on an industry standard Facility Conditions Index. Currently, Hudson-Perrin is ranked the highest at 10% and in fair condition, but the range ends at 133% with North Complex.

“We’re really trying to address student space needs, infrastructure needs. And then the other part in this plan is to remove 800, 750 beds.”

**-MATTHEW BAKER**  
VICE PRESIDENT OF STUDENT AFFAIRS

The presentation outlined the tentative timeline for renovations to be made in the other residential facilities on campus. The first is Forest Village Apartments, which sits at 18% FCI and in poor condition. The first building to be improved is Willow with around \$500,000 worth of renovations to be made over the next year.

Forest Village Sycamore and Hawthorne buildings are to be renovated during the 2024 fiscal year, each equating around \$500,000. Next up is Tower Suites, which currently is at 21% on the FCI and in poor condition.

Tower Suites East is planned to be renovated for \$800,000 in the 2025 fiscal year. South Complex, which is 39% on the FCI and in critical condition, is also planned to

have \$980,000 of renovations made the same year.

Tower Suites West is planned to have \$800,000 of renovations in the 2026 fiscal year. The next year has plans for Hudson Hall to be renovated for \$500,000, with Perrin Hall following in 2028 fiscal year with \$800,000 to be made in renovations.

The final year of the plan brings \$300,000 of renovations to Roberta Hall, at which the building sits at 19% on the FCI and is in poor condition. Franken Hall is also included in this year for another \$300,000, as it sits at 36% on the FCI and is in critical condition.

The renovations to be made to the halls have been made based on student feedback and surveys. The presentation given at the work session outlined 10 different student living expectations. Based on the feedback, students said they wanted to see more apartment-style housing options, large community spaces, fob readers on all bathrooms, water stations on all floors of a building, window coverings in each hall, more washers and dryers per building, more control over heating and cooling, more personal private spaces, moveable furniture and more private or pod-style rooms.

This feedback is being taken into consideration when planning the renovations made to each hall. Forest Village Apartments have already begun improvements to Willow building like starting to bring in hardwood flooring.

Despite having a plan to make over \$8.2 million in renovations and demolition over the next seven years, Baker said housing prices aren’t expected to go up more than what would usually be seen from year-to-year due to the Consumer Price Index.

Though many other halls have plans for hundreds of thousands of dollars in renovations, Dieterich Hall has no plans for renovation within this plan. Dieterich Hall sits at 78% on the FCI and is in critical condition, along with Millikan Hall, which is at 65% and is also in critical condition.

The presentation given at the work session had Millikan Hall and Dieterich Hall on the list of possible demolitions to be made in the future. While there is no official plan to tear those buildings down, Baker said Northwest will continue to evaluate based on capacity and student need.

With the removal of some buildings, Viau said there are a multitude of different possibilities of what can be made of the spaces.

“We know that our students’ needs for what they want and where they’re wanting to live are changing,” Viau said. “So we don’t know, as Matt said, are we going to take down other high rises? We might. But we might build some apartments or something because students are very interested in apartments. So that’s why we don’t really want to make that rash decision.”

Baker and Viau said the goal for this plan isn’t to make one-time changes to buildings all over campus, but rather build a cycle for building renovations.



Talk to the key people in your life



KENNEDY KALVODA Columnist @Kkalvoda1

As it's the last week of Suicide Prevention Month, I wanted to discuss something I think is a very important thing to do — checking in on the people in your life. Not just the ones that you know struggle with mental health, but also the ones who seem like nothing is wrong.

Don't just check on them during the month of September — check on them all year. It doesn't have to be every day, but telling those people in your life who seem fine to you, that you're there for them probably means more than you know.

This especially applies for any of the men in your life. Men are constantly being told "man up," and "men don't cry." The culture of toxic masculinity that has run rampant is so harmful to men, and it shows. In 2020 in the United States, men died by suicide 3.88 times more than women. This is a stark difference, and it isn't without reason.

So many men would rather end their life than talk about their feelings in fear they might be judged. They put on a brave face and act fine until it becomes too much, and they see no other way out. This is unacceptable and has to change.

To any men who might be reading this, it's OK to cry. It's OK to show your emotions. It doesn't make you any less "manly," despite what our society is constantly telling you. Talking to someone about your emotions is a far better option than ending your life.

I know it's hard to open up, even I have struggled with it. I didn't want to be seen as vulnerable or dependent on anyone. So I pushed all of my feelings aside, and it wasn't healthy for me or my relationships. Don't let them fester — just let it all out. At the end of it all, you will feel so much better. Letting all of those pent up feelings out will be a huge weight off your shoulders.

In my personal experience, accepting help from someone has made me feel weak and incapable. It got to the point where I constantly felt like I should just hide all of that away and handle it on my own.

It's taken me a long time, but I finally came to the realization that asking for help doesn't make you weak — it's the opposite. Not being afraid shows how confident in yourself you are and that you've accepted you can't do everything yourself, and that's OK. Don't be afraid to show your emotions and let people know you're struggling. It's nothing to be ashamed of.

If someone in your life comes to you upset and wants to talk to you about how they're feeling, please listen to them. Tell them you're there for them no matter what, and you're glad they're in your life. Make it known that you care for them and are there to listen. Be there for them in their darkest moments because it can make all the difference in the world.

If you are experiencing suicidal thoughts, call the 988 Suicide and Crisis Lifeline at 988.

THE STROLLER: Your Bearcat wants to banish grass

I don't understand the point of grass.

Let me clarify, I am saying that we should no longer have grass. Most of you can't keep it alive, and those of you who can, forget to mow it. I'm fully convinced grass is just an itchy, outdoor decoration.

I should probably mention that my personal vendetta against grass starts with the fact that I am allergic to it. I just want to know what I did in my past life that I am now

punished with such an awful allergy.

The crazy mower guys on campus are going to be the death of me. They are just out here on their zero-turn mowers, flying back and forth, purposely terrorizing me. I love walking to class and having to pause in the middle of the sidewalk to sneeze more than I did when I had COVID-19.

Allergies aside, I know most of you will agree with

me when I say grass is the itchiest thing in the world. It's worse than the god-awful sweater your grandma unpromptedly knitted you last year.

Not only is it itchy, but when you sit on grass, you are inviting millions of little bugs to explore your — well you get the point. How are there not more people freaking out about this right now? That is horrifying, yet y'all are just sitting on grass like that's not

a thing.

Name one good thing about grass, go ahead, I'll wait. I get it, you think it's pretty, but the bottom line is, grass is single-handedly the second most unnecessary thing to exist. The first being screaming babies — that's a whole other Stroller.

The Stroller has been a tradition since 1918 and does not reflect the views of the Northwest Missourian.



ALEXANDRIA MESZ | NW MISSOURIAN

OUR VIEW:

Black history representation and education is necessary

The Nodaway County Historical Society recently had a guest speaker detailing the history of Black community in Nodaway County and even setting up a special month-long exhibit from the Missouri State Museum on the rise and fall of the state's Black businesses. It's a great thing considering the history of the country, Missouri and Nodaway County.

The Editorial Board believes it is extremely important to be educated on Black history on a local scale. Nodaway County has a history with Black people that is both uniquely atrocious and yet seldom known.

There is one particular incident unique to Maryville — the lynching of Raymond Gunn. It started with the murder of Velma Coulter, a teacher who was killed Dec. 16, 1930. Gunn, a Black man, was accused and spent a month in various jails around the state due to threats on his life — all before his trial.

On Jan. 12, 1931, a mob of 2,000 white residents gathered outside the courthouse, seized Gunn and marched him four miles down the road to the schoolhouse where Coulter taught.

Many students don't understand the severity of what happened right

in the town they currently reside — Gunn was chained to the roof of the schoolhouse. The mob doused it with gasoline, and the schoolhouse was burnt to the ground with Gunn.

The word "lynching" does not amount up to how horrific this incident was. This was something else entirely. We think of lynching, and we picture a Black person being hung in the Deep South in the 1800s or early 1900s. This was Maryville in 1931.

This was just one of many examples where Black people were anything but prioritized. In 2022, a town that is 91.13% white has finally made headway into a better community for Black people.

The importance of Black history doesn't stop with textbooks and national news, yet it's important to learn about Black history on a local level — and the Historical Society is doing just that.

The museum has always had exhibits for Black history, but it's only improving. The Historical Society has introduced a new temporary exhibit highlighting the rise and fall of Missouri's Black business districts. This was not only wanted, but needed for the Maryville community.

Bringing in Abigail Cottingham, a Northwest alumna and guest speaker at the Nodaway County Historical Society, was a great move by the Historical Society. Cottingham talked about important figures in the local Black community and how Nodaway County slavery differed from slavery in the Deep South.

They're not just a name, a picture and the years that they were alive in. They were real people, just like everyone else. They were so much more than something that you would read about or a portrait you'll see. Black history matters because those horrible things really happened.

It's easy to not think about things that have happened as nothing more than dates and events because that's how history is taught. When in reality, it was reality. The Black history of Nodaway County is one full of bondage, violence and hatred, like many counties in the country.

It's important to know so that we can fully grasp the horror of the past so that it won't happen again. The Historical Society is putting the time, money and effort into keeping the people educated on Black history, which is an effort that is not only the right thing to do — it's the best thing to do.

YOUR VIEW:

"Do you feel like Maryville is an inclusive community?"

LOGAN HILL Freshman Mass Media: Broadcast Communications



"I personally do think it's pretty inclusive. I've had two brothers come through here, and every time I'd visit I would always see a diverse student body."

SPENCER ANDERSON Senior Computer Science



"I think it is. I see a lot of opportunities promoting diversity and inclusion here at Northwest."

DENISE NEAL Sophomore Psychology



"I think that we are getting there. Inside of the Office Of Diversity and Inclusion, we are taking the necessary steps to become more diverse. Although I would like to see more people getting involved with diversity."

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# Sports Facts

## Northwest Football

Northwest football is 27-4 against Missouri Western since 1996.

## Northwest Volleyball

The game against Nebraska-Kearney will be Northwest volleyball's seventh game against a ranked opponent this season.

## Northwest Soccer

Emporia State defeated Northwest soccer three times in 2021. One loss came in the MIAA Tournament and another came in the Bearcats' first NCAA Tournament appearance.

## Northwest Tennis

Northwest tennis has sent at least one player to the Intercollegiate Tennis Association Cup for four straight years.

## Maryville Football

Maryville football has only lost one Homecoming game since Matt Webb became the coach in 2012.



WESLEY MILLER SPORTS EDITOR

Northwest football senior running back Jamar Moya cuts the ball to the outside during a run play against Central Oklahoma Sept. 24. Moya had 76 yards on 15 attempts during the team's 23-14 loss to the Bronchos.

## RIVALRY CONTINUED FROM A8

One of the parts that has boosted the team so far is its defense. Northwest is No. 4 in the MIAA in scoring, allowing a mere 17.3 points per contest and is No. 1 in fewest yards allowed per game at 237.5. The success on defense doesn't stop there for the Bearcats. They remain at No. 1 in the nation in rush defense. The Bearcat defense has held its opponents to just 35 rushing yards per game. At the top of the MIAA in sacks with 16 is also Northwest. In contrast, one of the things the team is looking for a boost in is eliminating turnovers. The Bearcats committed four turnovers — the second game of four or more turnovers this season — against the Bronchos. "You can't win college football games when you turn the ball over four times," Wright said. "Unfortunately, it's a teachable moment. You don't want

failure, but sometimes failure is a good learning tool, and we got a full taste of it. You can't spot somebody that many points and still hope to be successful." Northwest has a week of practice to work on taking care of the ball, among other things, to prepare for its Week 5 matchup. After the loss, Northwest dropped from No. 2 to No. 12 in the latest American Football Coaches Association Division II Top 25 poll. The setback also gave Pittsburg State sole possession of first place in the MIAA as the only team without a loss in the conference. Wright said the MIAA is always a tough conference, and his team always needs to be prepared for every team. "This is the MIAA — you don't get any freebies," Wright said. "That's something we talk about all the time, and the parody in this conference is what makes it cool. It's top to bottom ... if you don't play well, you're gonna get beat."

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**GARAGE**

## HOMECOMING CONTINUED FROM A8

Webb said Benton can be difficult to defend with the variety of schemes the Cardinals run on offense. He said the Maryville defense will have to be on point to ensure the conference game doesn't become a shootout. The offenses won't be alone in this Week 6 matchup, though. Maryville has only allowed more than 20 points twice this season. The Spoofhounds' Defense is improving and is executing the game plan better, Webb said. "We're executing our game plan better each week, and we're continuing to get better at executing our defensive game plans," Webb said. "Last week was an option attack, very difficult to defend, but the team did a good job of preparing throughout the week, preparing for that scheme." "The defense has been getting better because they are playing more physical. They have read their keys, and they have done what they're supposed to do," Quinlin said. "That is huge for our offense because it takes the pressure off of us." Both teams are 3-2, but in the MEC, Maryville holds a slight edge over Benton, as the Spoofhounds are 2-1, and the Cardinals are 1-1.

The Cardinals are coming off a loss to MEC front-runner Savannah (5-0), as the 'Hounds are coming off a 49-0 triumph over Cameron (2-3) Sept. 23 — their first shutout of the year. Maryville is 2-0 at home this season. On the other side, the Cardinals are road warriors this year and boast a 2-0 away record. This conference showdown will give Maryville the chance to go undefeated at home for the season. The Spoofhounds' final game inside 'Hound Pound for the 2022 regular season is against the Cardinals. Aside from the usual energy that generally comes from playing at home, the players will be in front of a Homecoming crowd



RIVER BOYD SPORTS REPORTER

Maryville football senior fullback Cooper Loe tries to find an opening in Cameron's defense during the Spoofhounds' 49-0 win over the Dragons Sept. 23. Maryville plays Benton in the 'Hound Pound Sept. 30.

on Friday night. A season ago, Maryville lost by 1 point to Lincoln College Prep for its 2021 Homecoming — the only Homecoming loss since Webb took over the program in 2012. The Spoofhounds will have a chance to put that narrow defeat in the rearview for good and rebuild their streak against Benton. The Spoofhounds won't just be searching for a win in the midst of the night's festivities, but they will be looking for their 11th consecutive win against Benton. The last time

the Cardinals beat the Spoofhounds was Oct. 1, 2010. Quinlin said Homecoming can be exciting, but he's focused on more than that. He said he's focused on getting the fourth win of the season and making sure his team ends its home schedule on the right foot. "It is important to win this week because our goal is to always go 1-0 each week," Quinlin said. "It is also Homecoming and our last regular season home game, so we have to make it count."



# Doubles duos face off in semifinals at ITA regional

TYLER PETERSEN  
Missourian Reporter I @NWMSports

Northwest tennis had a successful weekend at the Intercollegiate Tennis Association Central Region Championships. The Bearcats men and women's tennis programs competed at the ITA Central Region Championships Sept. 23-25. Many players at Northwest were participating in the tournament and made the quarter-finals and semifinals in multiple brackets. Coach Mark Rosewell said he was very happy with last weekend's performance at the ITA Central Regional Championships and realizes this success doesn't come easy.

"I thought we played outstanding — both teams, actually," Rosewell said. "I mean, this is the fourth year in a row that we've qualified ... Some teams don't get there for years. And, you know, for us to have two teams in the doubles playing each other, I mean that doesn't ever happen."

Rosewell is referring to the two men's doubles teams that faced off against each other in the men's doubles semifinals. The No. 2 seed of the men's doubles tournament were juniors Andrea Zamurri and Fillippo Piranomonte — the top rated Northwest duo at the Central Region Championships — who faced off against Meier and Skerbatis.

Meier and Skerbatis bested Zamurri and Piranomonte, 8-5, and advanced to the men's doubles championship to face off against the No. 4 seeded duo Sebastain Pjontek and Tim Hammes out of Washburn. The pair found themselves in a close match that was decided by a 10-point tiebreaker, the first duo to 10 points to win by two, where they prevailed and won the Central Region men's doubles championship.

Both Meier and Skerbatis were exhausted and at a loss for words following the invitational. "It means the world to me," Meier said. "You come out here, and you put in so much time. I put so much time in, and Jan has too, into tennis. Since I was 10 years old and playing to win a tournament like this with your teammate and with all your teammates cheering you on, it's what you dream of when you're training as a kid."

"That really was unbelievable because, I mean, I'm a freshman and getting this in the first year is really crazy. I didn't think about that ever coming here," Skerbatis said. "This Saturday was probably the most craziest week of my life. The whole teammates around you, cheering for us — it was loud, it was everything. To have the trophy in the end is just incredible."

Rosewell made sure to mention the success of the other Bearcats and how they performed in their respective brackets.

"The women did well too. Vera (Alenicheva) got to the quarterfinals in singles and doubles, and she was just a couple points away from making the semifinals," Rosewell said. "And Michael (Delebois) made it to the semifinals in singles so, yeah, really good."

Junior Sofia Pignataro made it to the B Singles Final after defeating the No. 10 seed junior Greta Wallin from Southern Arkansas in the semifinals. However, Pignataro fell short of the championship after losing in the B Singles Final to Northeastern State's freshman Sandra Mari Marti.

Even with the successful trip for the Bearcats, Rosewell says there is still room for improvement.

"We hadn't played as many tournaments as we usually do," Rosewell said. "That hurt us a little bit, but that's just the way it is. But I think by the time we get into the spring, and we start playing tough teams in February and stuff, that's going to take care of that problem."

## UP NEXT

ITA Cup  
Oct. 12-15  
Rome, Georgia



DAKOTA WEAVER PHOTO EDITOR

Sophomore middle hitter Avery Kemp celebrates her block with teammates Alyssa Rezac, Jaden Ferguson and Hallie Sidney. Northwest volleyball will travel to face off against No. 6 Nebraska-Kearney Sept. 30.

# Revenge match for Northwest volleyball next up on road trip

RIVER BOYD  
Editor-in-Chief I @twitterhandle

Before Northwest volleyball's upcoming five-game road stretch, the No. 10 'Cats had the opportunity to play in front of a home crowd.

This was only the second time so far this season the Bearcats got to play inside Bearcat Arena, and they did so against Pittsburg State Sept. 21.

Junior setter Alyssa Rezac helped guide Northwest to a 3-0 sweep of Pittsburg State with 33 assists and four aces. The win put the Bearcats at 2-0 this season at home.

"It is always fun to play in front of our home crowd," Rezac said. "We are grateful to have the support we do from our families, the other Northwest sports and the Maryville community. Bearcat Arena on a game day gives such a family feel, and we take pride in defending the paw."

In the match, the Bearcats outscored Pittsburg 75-49 and

had a .327 hitting percentage compared to the .125 hitting percentage the Gorillas posted.

Sophomore middle hitter Avery Kemp contributed eight kills and four blocks in this match.

"Staying disciplined and executing our systems at a high level has played a huge part in our success this season," Kemp said.

The next match for the Bearcats was against Missouri Southern. In this match, the 'Cats got their second straight sweep.

This win has Northwest on a five-match win streak, all five wins being against conference opponents. The Bearcats are 5-1 in the MIAA and tied for first with Nebraska-Kearney.

"It is good to start seeing just a glimpse of the potential we have," Rezac said. "We are just hitting the tip of the iceberg and have a lot more in us. I am happy to see our systems starting to click together at a higher level. Five and one is a good start, but there is a lot of season left and a lot to prove still."

The Bearcats have a chance to snatch first place Sept. 30 against the No. 6 Lopers in Kearney, Nebraska.

Nebraska-Kearney boasts a 15-1 record with its sole loss coming at the hands of No. 8 Washburn. Northwest has a 11-3 record with its one conference loss coming by way of No. 18 Central Missouri.

The Lopers have a two-match winning streak against the 'Cats including the defeat that ended one of the best seasons in program history in the first round of the 2021 NCAA tournament.

"Serve and pass will be key to beating UNK," Kemp said. "We're coming into it like any other conference game. It's important for us to get a strong start in each set against a solid team."

"UNK is a good team with a good history," Rezac said. "They have a very loud, intense atmosphere there in Nebraska, but the team is excited to play some really good competition. I think if we execute our systems and

## UP NEXT

NW vs. Nebraska-Kearney  
6 p.m. Sept. 30  
Kearney, Nebraska  
NW vs. Fort Hays State  
3 p.m. Oct. 1  
Hays, Kansas

game plan at a high level, that gives us a darn good chance to beat anyone in the conference."

After the top-25 clash, Northwest will start October with a match against MIAA foe Fort Hays State Oct. 1 in Hays, Kansas.

The Bearcats have an 11-match win streak against the Tigers since Oct. 7, 2017.

"Fort Hays is a team that can cause some havoc, but I am hoping we go in there, control what we can, play at our level and execute our systems," Rezac said. "They usually run a quicker offense, so if we can serve tough to keep them out of system and slow them down at the net, that will definitely give us an advantage."

# Northwest soccer splits home series, embarks on four-match road trip

CRAIG MCMULLEN  
Missourian Reporter I @NWMSports

During the past weekend of home games, Northwest soccer fell short to Fort Hays State Sept. 23 and picked up a win over Nebraska-Kearney Sept. 25.

On a chilly Friday afternoon at Bearcat Pitch, it was a defensive battle between the Bearcats and the Tigers. Both teams combined for 16 shots, nine for the Bearcats and seven for the Tigers.

The Tigers scored the only goal of the game five minutes into the second half on a corner kick by junior defender Sullivan Kelly.

The Bearcats would have three more opportunities to score but couldn't get one past junior goalkeeper Isabel Robben and dropped their third game of the season 1-0.

On a windy Sunday, the Bearcats had a chance to regain some confidence against the Lopers. The Bearcats picked up the first goal of the game in the 55th minute by sophomore forward Adell Gore. Ten minutes later, junior forward Kaitlyn Case scored to put the Bearcats up 2-0.

Toward the end of the game, junior forward Teagan Blackburn scored her 16th goal of her career.

"I would like to thank all my teammates for giving me the opportunity," Blackburn said. "I know Kaylie Rock is right up there with me, and I am glad that the both of us can make an impact as forwards on our team."

After the goal by Blackburn, freshman defender Zoie Dible scored her first collegiate goal from outside the penalty box into the upper left corner of the net to

UP NEXT  
NW vs. Emporia State  
3 p.m. Sept. 30  
Emporia, Kansas  
NW vs. Washburn  
1 p.m. Oct. 2  
Topeka, Kansas

help the Bearcats to a 4-0 win.

"It was a lucky ricochet off my teammate's foot," Dible said. "I was surprised that it went in. I didn't know how to react because as a defender we don't score much."

The Bearcats finished with a season-high 23 shots for the day and held the Lopers to only two shots.

The Bearcats now sit at 5-3-2 and are eighth in the MIAA standings.

Up next for the Bearcats is a two-week road trip starting Sept. 30 in Emporia, Kansas, against Emporia State and then a trip Oct. 2 to Topeka, Kansas, to take on Washburn.

The Hornets sit one spot above the Bearcats in the MIAA standings at 2-4-4. Washburn sits at 7-1-2 and is third in the MIAA.

During the 2021 season, the Bearcats lost three games to the Hornets, two of the three coming in the MIAA and the team's first ever NCAA Tournament appearance.

"Emporia is a huge rival for us that we've been looking forward to this season," Gore said. "We just need to keep the energy that we had in the second half of the Nebraska-Kearney game going into this weekend's matches."



WESLEY MILLER SPORTS EDITOR

Northwest soccer junior forward Teagan Blackburn attempts to take control of the ball during the Bearcats' 1-0 loss to Fort Hays State Sept. 23. Blackburn had one shot against the Tigers.

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BACK TO BUSINESS

Bearcat football to take on St. Joe foe

WESLEY MILLER  
Sports Editor | @wesleymiller360

Northwest football has lost back-to-back games once since 2001, with the only time it's happened being in 2017. Since coach Rich Wright took over at the helm of the program in the winter of 2016, the Bearcats are 5-1 after a loss in the regular season. Then-No. 2 Northwest fell to Central Oklahoma 23-14 Sept. 24 in Edmond, Oklahoma. The loss was the first of the season for Northwest and marked the Bronchos' first win over the Bearcats since their program joined the MIAA in 2012. "We didn't play well," Wright said. "It was extremely frustrating. I've been here 19 years, but I'm not sure if we've played that bad in the 19 years I've been here. We have to execute better. We got to be better than that. We got the meat of our schedule coming up over the next three weeks ... We'll find out what our kids are all about." Wright and company will look to make the loss a thing of the past, and their first chance to do so will be against rival Missouri Western Oct. 1. With roughly 40 miles separating the two programs, the close proximity not only makes for the shortest trip either team has to travel in the regular season, but has elevated the two to a constant rivalry across all competitions. Since 1996, the Bearcats have lost a mere four games to the Griffons and have won eight consecutives games against their in-state opponents. Despite the recent history, Western coming into the game at 2-2 and Northwest being on the positive side of the recent matchups, junior wide receiver Trevon Alexander said he respects the team just down Highway 71. "They're a very, very good



Northwest football junior wide receiver Trevon Alexander goes up for a catch during the team's 23-14 loss against Central Oklahoma Sept. 24. The junior totaled 91 receiving yards and one receiving touchdown during the Week 4 contest. Alexander leads the team in receiving yards so far this season with 283.

opponent," Alexander said. "The record doesn't define that team, if I'm being honest. They have a really solid defense and a good defense. I understand the rivalry and how many people are going to be at the game. It's going to be insanely electric in Bearcat Stadium." The 'Cats not only have an opportunity to rebound against their 40-mile rival, but they will also be able to do so at home. Northwest is 12-6 against

Western all-time inside Bearcat Stadium, with four of those losses coming between 1981-90. The Bearcats will also have an active win streak of 14 games at home heading into the 42nd showdown between the two programs. "It's a perfect opportunity — it's exactly what we need," Alexander said. The junior said it just feels easy and fun to play in front of the home crowd. The confidence

UP NEXT

NW vs. Missouri Western

1:30 p.m. Oct. 1

Bearcat Stadium

will build back up again, he said, and it will give him and his teammates a boost to get through a tough part of their schedule.

SEE RIVALRY | A6

Spoofhounds battle in Homecoming clash

RIVER BOYD  
Sports Reporter | @RiverBoyd5

Maryville football will be back in the 'Hound Pound for the first time in two weeks to take on Midland Empire Conference foe Benton Sept. 30. Junior quarterback Derek Quinlin said the offense, much like any other week, is a big key in coming away with another big win against a conference opponent. Maryville has scored 40 or more points in all but one game so far this season. Quinlin said the offense is on the same page, and everyone knows the goal and the game plan. "Our goal is to score every time we have the ball, and we take a lot of pride in scoring every possession we get the ball," Quinlin said. "Sometimes it doesn't work out that way, but then we

42.4

Points Maryville football's offense averages per game so far this season.

have been good at responding and moving onto the next drive." The offense for Maryville has been explosive, as the Spoofhounds' offense is averaging 42.4 points a game. Coach Matt Webb attributes his offense's success to his assistant coaches. He said they do a great job of preparing the team for the game. "Well, I think we're doing it. We're doing it by being multiple and taking advantage of what the defense is giving us," Webb said. "Multiple means if they're low in the run box, we have the ability to throw it and take advantage of different options of throwing the football. If they play the pass, we're able to run the ball. So, I think we're doing a good job of being multiple and challenging." The Spoofhounds (3-2) won't be the

UP NEXT

MHS vs. Benton

7 p.m. Sept. 30

'Hound Pound

only successful offense taking the field at Maryville High School, as Benton (3-2) averages 38.2 points per contest. Webb said Benton has good players at the skills positions, and the Cardinals do a good job executing their scheme. "Talk about a team being multiple, Benton is very multiple," Webb said. "They run some wing-t sets, which are difficult to defend, we know how difficult that can be to defend."

SEE HOMECOMING | A6



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